

We need your feedback about the Walking Program. Please take a few minutes to answer the questions below. Your responses are anonymous and confidential.

Thank you.

1. How did the Walk to Winn Program affect each of the following for you? Please select one response for each item.

	Increased	Stayed the same	Decreased	Don't know/not sure
a. My weight...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. My total body inches...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. My cholesterol...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. My stress level...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. My blood sugar...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. My energy level...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. My blood pressure...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. My body fat %...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. My water intake...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. My fruit/vegetable intake...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. My level of physical activity...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Was the pedometer you received (circle one): loaned to you issued to you

3. Did you wear the pedometer on most days? Yes No

4. Did the pedometer motivate you to get more physical activity? Yes No

5. In general, how do you rate your current health? (*select one response*)

☐ Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor

6. What suggestions do you have to improve the Walking Program?